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Introduction to Natural Food with Sprouts for Diabetics for health

(The mentioned items / preparations are not made by us and we are not responsible for any incident. For best suggestions contact your dietician / family doctor for any modifications etc. Please see our disclaimer at the end)

The body breaks down different types of foods at different rates. Carbohydrates (be it potato or table sugar) typically take from five minutes to three hours to digest, whereas protein takes three to six hours and fat can take eight or more hours. That's why different foods have different effects on blood sugar, such as why ice cream (higher in fat) raises blood sugar levels more slowly than potatoes. But people with diabetes don't always have to forgo desserts and sweets. They just have to be sure not to eat moderate amounts more than once or twice a week.

If you smoke and have been diagnosed with diabetes, your doctor will recommend that you quit because smoking makes problems caused by diabetes worse. People with diabetes can experience blood flow problems in the legs and feet, which can sometimes lead to amputation. Smoking can decrease blood flow even more. Smoking can also worsen sexual impotence in men, cause high levels of LDL cholesterol (the bad type of cholesterol), and can raise the risk of heart attack and stroke. If you have diabetes and you smoke, you need to quit.

Diabetic Diet: Principles

Having known the basics of nutrition, here are some basic diet principles to guide you through a healthy lifestyle:

- First principle of diabetic diet is it should be individualized. Diet plan should be designed individually by a physician when diagnosis is made, and periodically thereafter. Young diabetics will usually need more calories as they are in the growing stage. Physically active people with diabetes will also need more calories. Diabetics who are sedentary and overweight will require fewer calories. A physician can help you to customize your diabetic diet according to your goal.
- Second principle of diabetic diet is to eat regular meals with fairly similar caloric content especially for those who are on insulin therapy. Binge eating

or intake of occasionally large meals on the other hand may knock the system out of order.

- 3rd principle is to have a balanced diet consists of all major groups of food in the food pyramid.

Although variety is key, like so many things, a few foods stand out above the rest when it comes to helping create a diabetes diet to control blood glucose levels.

When it comes to controlling diabetes, the diet is one of the first places to look. However, recent findings have dispelled the idea of a specific "diabetes diet" — each person's ideal diet to control diabetes is different, and as with so many things, they are finding that variety is much more important than eating a handful of foods on a regular basis.

Before we look at the diabetic diet recipes, let's look at some of the ingredients note that will help you in cooking up a delicious meal.

Diabetic Recipes - Ingredient Notes

Use unsweetened fruits and juices for diabetic diet recipes. They can be fresh or canned in juice or water-packed. Remember that fruit juice contains carbohydrates and cannot be considered free food for diabetics, so drain all canned fruits before using.

Herbs used in diabetic diet recipes should be dried leaves unless a recipe specifically states ground or fresh. Before adding the herbs, be sure to crush the leaves in the palm of your hand or with a mortar and pestle to release the flavor.

Be sure to use fresh lemon juice. Reconstituted lemon and lime juices contain preservatives and just don't taste the same as freshly squeezed lemon or lime juices.



Always use fresh garlic in the diabetic diet recipes. Avoid using garlic powder or garlic salt unless the recipe states otherwise. Not only does it add distinctive flavor, garlic is also available all year-round. More importantly, it possesses healthy properties which are good for diabetics. It can, in the right circumstances, lower serum cholesterol levels and triglyceride levels. Garlic and onions also contain substances that inhibit the clumping of blood cells, which is one of the major factors in heart attacks and strokes. Therefore, use it generously in your diabetic diet recipes.

Diabetic Recipes

- Appetizers
- Salads Soups and Stews

- Meats
- Poultry and Seafood
- Beverages

Treatment is not the Approach to take with this Deadly Disease

Prevention is crucial, and it can only be done through wiser dietary choices. Including sprouts and raw foods in the diet, beginning with children, can be a very positive way to avoid becoming diabetic and to avoid setting your children up for this disease.

For example, when mung beans are sprouted, the following changes occur in nutrient constituents: Food energy in 100 g of mature raw seeds when sprouted goes from 384 calories to 313; carbohydrates count is decreased from 67.5 to 58.8, a very important reduction to offset obesity and diabetes because of the importance of keeping blood glucose levels down; and protein increases from 27.1 to 33.8. All important minerals dramatically increase as do important vitamins such as A, Thiamin, Riboflavin, Niacin (from 2.91 to 7.08!), and Ascorbic Acid.

Vitamins are vital for the maintenance of normal weight and health. These are substances the body can't make on its own; they must come from food. For example, Vitamin A supports the immune system, bone growth, vision, and cell division.

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His cardiac surgeon told him he had a saying, “Diabetes eats the heart.”

Ten Good Reasons to Sprout

1. It's economical. The prices on foodstuffs are accelerating just about as fast as the price of gasoline. And it's going to get worse. Only four ounces of seeds will produce several pounds of food. This is a very good way to grow your own food without buying or renting land or tilling the land you already own.
2. It's easy. Anyone can do it. It will take about a minute per day for you to grow and prepare sprouts. They will grow just about any place indoors and any time of the year. It takes very little space to grow sprouts, and they travel just fine, unlike a

- backyard garden. They're perfect for campers, boaters, and owners of RVs. If you buy the kits, they come with complete directions for growing sprouts. You can also find an abundance of information on the Internet.
3. They're always fresh, and they're always right there, no matter the weather. You don't need to dig, plant, weed, deal with pests, or add chemical fertilizer to your food. Besides, there's no long wait. (Tomatoes take at least 50 days even if you have ideal weather for your outdoor garden.) In just 3 days, you can harvest a nutritional, delicious feast. The most it will take for any of the seeds to become mature sprouts will be 7 days. They will stay fresh for days in your refrigerator if you give them the attention they need. You will need to rinse them from time to time. Actually, certain ones will last for weeks with proper care.
 4. You get natural, toxin-free food, sweet and pure without added chemicals. If you take the next step and buy only organic seeds, you can be assured of even healthier harvests. They will still cost less than food you can obtain any other way.
 5. Sprouts are a complete food. They are the real health food. You are catching life-giving nutrition at its inception, and sprouts contain everything you need to be healthy. The nutrition they offer is easily assimilated and nourishes your body immediately. If you grow them yourself, you can be sure that they're pure, and you can pick them when they are at their peak.
 6. They taste good! By using a variety of beans, seeds, and grains for sprouting, you can enjoy gourmet additions to salads, raw sandwiches, smoothies etc. ”
 7. Did I mention nutritious? Many sprouts have more protein than cooked meat and at a fraction of the cost. The amino acids in this protein are more digestible and more readily available to the system than in meat. Vitamins, minerals, trace elements, enzymes, and fiber are contained in varying quantities in all sprouts. Chlorophyll can be added to the other beneficial nutrients by exposing the sprouts to light.
 8. Low-calorie and low-fat bulk. You can eat a whole cup of alfalfa sprouts and get only 16 calories. These calories are in simple sugars, which provide quick energy. They contain no cholesterol but do contain several essential fatty acids. These are the perfect weight-loss and body-purifying foods for the 21st century.
 9. Including sprouts in your diet will help cleanse and detoxify your body. Chlorophyll is a blood cleanser and oxygenator. The enzymes that are lost in food when you cook it is still there in sprouts. These are the ingredients that aid in digestion and in the assimilation of nutrients. They also contribute to the body's life force. They are high in fiber and contribute to the health of your digestive system. The lecithin in sprouts helps the body get rid of cholesterol.
 10. Last, but not least, sprouts support your immune system. They have antioxidants that protect from radiation and toxic chemicals. The body has built-in devices to rebuild and heal itself, and the antioxidants in sprouts help the body carry out this important function. Because they're rich in antioxidants, they help protect you from toxic build-up—the plague of the 21st century. The proper function of the immune system is boosted by the antioxidant enzymes, such an essential part of this living food.
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Q. My 66 years old relative with type 2 diabetes is diagnosed to have diabetic nephropathy with a total 24 urine protein of 10 gm and her cholesterol is 238 mg/dl, LDL is 132 mg/dl and serum albumin is 2.9 gm. What amount of cholesterol and protein should she take?

A. Average protein intake should be around 50 grams a day. Focus should remain on low carbohydrate and low saturated fat / cholesterol diet. I would recommend consulting a nutritionist who can recommend the diet types and the content tailoring to the needs of the patient (based on whether the patient is vegetarian or not).

The Effect of Broccoli Sprouts as a Nutritional Supplement in the Prevention of Cardiovascular Disease

Summary

The purpose of this study is to investigate whether a daily intake of dried broccoli sprouts will improve the endothelial function of the participants as measured by Flow mediated dilation (FMD)

The dried sprouts are chosen because broccoli sprouts are known as containing large amounts of the glucosinolate glucoraphanin which in vitro and in animal models has been shown to have a positive effect on the endothelium as measured by NO release.

Description

Inflammation plays an important role in the development of atherosclerosis. The initial site of damage is the endothelium and secondarily the rest of the vascular wall is involved. Hypotheses concerning the development of these lesions have introduced the concept of oxidative stress, ("an imbalance between oxidants and antioxidants in favor of the oxidants, potentially leading to damage") as having a key role in the development of atherosclerosis. Consequently, much interest has been focused on attenuating oxidative stress in order to minimize this damage.

Clinical trials for the study of the effect of antioxidants on the atherosclerotic process, using micronutrients with a reductive potential, have failed to demonstrate a benefit for the patients and some have even shown an increased mortality.

An alternative is to induce the endogenous antioxidative defense of the cell. One

possibility is to increase the expression of enzymes responsible for neutralizing oxidative substances; a group of enzymes relevant for this path are the phase 2 enzymes, for instance glutathion-s-transferase (GST).

Broccoli sprouts have a very high content of Glucoraphanin (GP) a substance which has the ability to increase the expression of GST.

Experiments involving stroke prone hypertensive rats and humans have indicated that GP in broccoli sprouts have a beneficial effect against oxidative stress. In the experiment with the rats a consequence of the protection against oxidative stress was an increase in endothelial dependant vasodilatation (EDV). This finding is important because low EDV predicts development of atherosclerosis.

We find that induction of enzymes with antioxidant capabilities could be beneficial for people with atherosclerosis and that a study of the effects of broccoli sprouts on endothelial function in conditions with endothelial dysfunction are important as an intermediary step before clinical studies are performed.

Hypothesis Broccoli sprouts containing high levels of GP induce phase 2 enzymes in the human endothelium, thereby making the endothelium more resistant to inflammatory damage. Attenuation of damage should increase nitric oxide (NO) bioavailability and thus improve EDV of patients being in risk of cardiovascular disease.

Methods Broccoli sprouts will be harvested after 4 days to obtain the highest amount of GP per unit of dry weight. After harvesting, the sprouts will be dried in order to avoid degradation of the GP content. As placebo, sprouts where the GP content is degraded will be used.

The participants will receive 10 g dried broccoli sprouts per day for a period of four weeks. 10 g dried sprouts has a GP content equivalent to the content of 1 to 10 kg of fresh broccoli.

Blinding of the participants as well as the investigators will be insured.

Participants:

120 patients in three subgroups and 40 healthy controls giving a total of four groups.

The groups will be investigated individually, having each a treatment and a placebo arm.

Patients will be screened during which interview BP, weight height and blood test will be

performed. After informed consent is obtained, they will be randomized by draw of an envelope to either placebo or active ingredient. At the beginning of the study and every other week during the study, the patients will be examined by BP, weight, blood samples and assessment of EDV by use of flow mediated dilation (FMD).

FMD will be performed by measuring increase of diameter of the brachial artery above the elbow before and after interruption of circulation to the forearm for a period of 5 minutes by use of a tourniquet placed below the elbow. Flow through the brachial artery will be recorded immediately after circulation is restored for 15 s. Dilation will be expressed as a ratio relative to the diameter prior to interruption in percent. Blood samples will be analyzed for GP content and metabolites at KVL.

Statistics we have determined \bar{I} in our studies to be less than 2.5 which is comparable to results from other groups. Assuming a \bar{I} of 3 and a minimal detectable difference of 3% (usually the FMD is approximately 5%) will give a power of >85% when the level of significance is 5% with our group size.

Ethics WE find the participants will have no risks and only minor inconveniences when participating in our study.

The study is approved by the Ethics committee of Copenhagen and Frederiksberg Municipalities (no 01-257/04).

The study will be published in a peer reviewed biomedical journal

Study Design

Allocation: Randomized, Control: Placebo Control, Endpoint Classification: Efficacy Study, Intervention Model: Parallel Assignment, Masking: Double-Blind, Primary Purpose: Prevention

Conditions

Diabetes Mellitus

Intervention

Daily intake of broccoli sprouts

Status

Completed

Source

- Bispebjerg

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Alfalfa (Medicago sativa) herb powder

Lip Smacking Recipes

RECIPE CENTRE

Sprouts are the tastiest, delicious and colorful presentable foods that sprout enthusiasts have included many innovative ways to cook them. And we join this bandwagon.

Include sprouts in your salads, morning sandwiches, evening snacks, make sprout dip, garnish your soups with them, use them in main dishes such as fried-rice to add crunch and flavour, make age-old pickles etc., if you can think of more, let us know.

Some simple recipes:

MUNG SPROUT PESSARATTU - a proteinaceous breakfast

INGREDIENTS:

1 box mung sprouts, 1 cup soaked rice, 1 inch ginger, 2-3 green chillies, fresh sprigs of coriander leaves. For garnish : Finely chopped onion pieces.

METHOD:

Grind all the ingredients together one by one to a smooth batter consistency using water. Add salt to taste and pour the batter on non-stick tawa just like making dosa. Sprinkle with finely chopped onions before folding. Serve with coconut chutney or any chutney of choice and a dollop of butter if desired.

CHICKPEA SPROUT DIP (HUMMUS)

INGREDIENTS:

1 box chickpea sprouts, 1 cup sesame seed paste, 1/2 cup lemon juice, 2-3 gloves of garlic, salt, oregano & paprika to taste and olive oil.

METHOD:

Grind the sprouts and garlic pieces together. Mix with sesame seed paste uniformly. Add salt, paprika and oregano to taste. Top it with olive oil and serve.

<>CHICKPEA SPROUTED SALAD

INGREDIENTS:

1 box chickpea sprouts, chopped tomatoes, onions and green chilies, extra virgin olive oil, lemon juice and salt-pepper.

METHOD:

Mix all the chopped ingredients. Pour olive oil with lemon juice, sprinkle coriander leaves on top and serve with an energy drink as evening snack. This salad can also be served as an accompaniment to soups and bread. You may steam the sprouts a bit for this recipe.

NOTE:

Use chick sprouts instead of regular chole in your chole masala dish and serve with chapattis or rice. Chickpea sprouts are high in dietary fiber.

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SPROUTED HORSE GRAM RASAM

INGREDIENTS:

1 box horse gram sprouts, grated coconut, garlic, tamarind water, jaggery, rasam powder and salt. For seasoning: Mustard seeds, urad dal, curry leaves, red-chili and asafoetida (hing).

METHOD:

Grind handful of sprouted horse gram, coconut and garlic. Cook rest of the sprouted horsegram in a pan with salt, jaggery and tamarind water. Once the sprouts are cooked, add the ground paste and rasam powder and bring to a boil. Use water to adjust the consistency. Add seasoning by sputtering mustard, urad, curry leaves, red-chili and asafoetida (hing) in a little oil. Garnish with coriander leaves and serve with accompaniment and rice.

NOTE: This sprouted horse gram rasam tastes best when served with sprouted horse gram accompaniment and rice.

Sprouted Horse gram accompaniment

METHOD:

To slightly cooked sprouted horgegram add salt, jaggery, green chillies, and season (tadka) it with sputtering mustard, urad seeds and curry leaves. Garnish with coriander leaves and grated coconut on top.

Rasam powder recipe

METHOD:

3 cup dhania (coriander) seeds, 1 cup jeera (cumin) seeds, 1 teaspoon methi (fenugreek) seeds, kilo red-chillies, 1 tablespoon asafoetida (hing), 10 cleaned and wiped curry leaves. Roast all spices except red-chili. Dry grind them. Roast red-chili in a little coconut oil. Allow to cool and again grind everything together.

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SPROUTED FENUGREEK PICKLE

INGREDIENTS:

1 box fenugreek sprouts, 2 teaspoon oil, 1 teaspoon mustard seeds, a pinch of asafoetida and turmeric powder, 3 teaspoon red chili powder, 1 tablespoon tamarind water, jaggery and salt to taste.

METHOD:

To hot oil sputter mustard seeds. Boil tamarind water, jaggery, salt, turmeric powder and red chili powder along with fenugreek sprouts for few minutes till oil separates. Cool and serve as meal accompaniment.

NOTE:

Fenugreek sprouts when eaten raw on empty stomach early morning is very good for diabetes and digestion.

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MUNG SPROUTS REFRESHING HEALTH DRINK

INGREDIENTS:

1 box mung sprouts, jaggery, inch ginger and a pinch of salt.

METHOD:

Grind all the above with water to a juicy consistency and serve with chopped mint leaves.

NOTE:

This is a powerful protein - energy drink serving dieting and fasting purposes. Add mung sprouts to every salad, use it to make fried rice and rice-khichdi.

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PEANUT SPROUTS SALAD

INGREDIENTS:

1 box peanut sprouts, handful of raw mango pieces, chopped tomatoes, onions, green chili, coriander leaves and salt.

METHOD:

Mix all the above and serve as snack.

NOTE:

If raw mango is not available add cucumber and garnish the salad with lime juice on top.
Use peanut sprouts instead of regular peanuts in all peanut dishes.
Can be eaten raw as an evening snack for a boost of energy

WHEAT SPROUTS COOKIE

INGREDIENTS:

1 box wheat sprouts, 1 cup sugar, 2 cups wheat flour, ghee, pinch of vanilla essence or cardamom and pinch of baking soda.

METHOD:

Beat wheat flour with sugar, essence and soda adding ghee. To the mix add coarsely ground wheat sprouts and mold in the form of cookies and bake in oven till golden brown.

NOTE:

Wheat sprouts are very high in Vitamin E and is very good for skin health.
Excellent refreshing smoothies can be made with wheat sprouts. Add a spoonful in your fruit smoothies for a nuttier taste and a chewy feeling.

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Recipe of the Month

Sprout Facts

Did you know Alfalfa Sprouts have Phytonutrients with Cholesterol reducing properties!!!

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Archive for Food For Diabetics

[Sprouted Green Gram Dumplings for the Diabetic](#)

10 Mar, 2008 No Comment

In South India, dumplings (called Kozhukattai) are usually made of rice flour and for the filling, coconut and jaggery is used. Obviously, this dish is a **big no-no** for the diabetic because it contains sugar.

For the dumplings for the diabetic, my wife has substituted rice flour with wheat flour for the outer layer and substituted coconut and jaggery with green gram sprouts for the filling. Believe me, they were as tasty as any other dumplings.

I have been eating this Sprouted Green Gram Dumplings quite often now and there has been no spurt in my blood glucose level.

I include this low fat and sugar free delicacy in my menu once in 15 days.

Here comes the recipe :-

Ingredients for the Outer Layer



- 1 cup of wheat flour
- 1 1/4 cup of water
- 1 teaspoon of cooking oil
- 1/2 teaspoon of salt

Ingredients for the Filling



- 1 cup of sprouted green gram
- 2 or 3 red chillies
- 1 teaspoon of hing(asafoetida)
- Salt as required
- 1 1/2 of teaspoon of cooking oil
- 1/2 teaspoon of mustard
- 1/2 teaspoon of urad dal (black gram dal)
- few curry leaves
- 1 green chilli

- few coriander leaves
- 1/2 teaspoon of lemon juice

Method

Getting the Dough Ready



Heat a pan, add 1 teaspoon oil, add 1 1/4 cups of water and a pinch of salt. Allow the water to boil. As the water is boiling add the wheat flour and keep stirring continuously without allowing any lumps to form. When the mixture has formed into a smooth thick batter, remove the pan from burner. The batter must be thick enough like a chappathi batter. Knead the wheat flour dough well with hand and keep it aside.

Making the Filling



Grind sprouted green gram, red chillies, hing with enough salt. Put 1 1/2 teaspoon of cooking oil in a frying pan. Add mustard and urad dal. Let the mustard splutter, add curry leaves and green chilli. Add the ground sprouted green gram. Cook for 5 minutes on low flame. Remove from the burner, add lemon juice and coriander leaves. Stir the contents well. The filling is ready now.

Making the Dumplings



Take a lemon sized portion of wheat flour dough and form into a cup. Smear little oil on your finger tips to make it easier to handle the dough.



Fill the stuffing inside the cup and close from all the sides and make like a ball. Repeat till all the dough and the stuffing are used up.



Place the dumplings in a slightly oil greased idly plate and keep it in a pressure cooker. Steam it for 10 minutes with out the weight.



Serve when it is warm.

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Sprouted Green Gram And Vegetable Stew

You may be wondering why I have made sprouted green gram as the main ingredient in most of the dishes I eat . Well, there is a real story .

I am a known diabetic for over 15 years and was advised by my neighbour doctor couple Dr.Udit and Dr.Monica to take sprouted cereals if I want to control my blood sugar without the usual insulin shots and with minimum medication.

I sincerely followed their advise and started taking sprouted cereals. I have stopped taking insulin and take minimum tablets once in the evening . Sprouted Cereals did work wonders. My daughter who wanted to shed extra weight switched over to eating dishes made out of sprouted green gram and in a matter of month she has dropped about 5 Kg.

My wife could not bear to see me eating the plain green stuff and started concocting variety of dishes with sprouted cereals and I relished them all. Sprouted Green Gram and Vegetable Stew is my staple breakfast item

So here is the recipe for you:

Ingredients



- 1/2 cup of sprouted green gram
- 1 small cauliflower
- 1 small carrot
- 1/2 cup of green peas
- 50 gms beans
- 2 onions
- 1 teaspoon of butter/ghee
- 2 green chillies
- 1/2 teaspoon of pepper
- 3 nos cloves
- 2 small pieces of cinnamon
- 1 small cup of milk
- 1 teaspoon of corn flour
- salt to taste

Method



1. Cut onion into small pieces.
2. Dice cauliflower, carrot and beans.
3. Grind green chillies and pepper coarsely.
4. Boil sprouts along with cauliflower, carrot, beans and peas with enough salt and 1 cup water in the pressure cooker for 5 minutes and set aside.
5. Melt butter in a small frying pan.
6. Add cloves and cinnamon and fry for 30 seconds.
7. Add onion and fry till it becomes brown.
8. Add the ground green chilli and pepper and fry for a minute.
9. Add this to the contents in the cooker .
10. Mix the corn flour with the milk and add this to the contents in the cooker.
11. Again cook for 2 minutes
12. Serve hot along with whole wheat bread.

Sprouted Green Gram Soup - A Healthy Appetizer

Ingredients



- 1 Onion
- 1 Tomato
- 3 Garlic Flakes
- 1 small piece of Ginger
- 2 tsp Sprouted Green Gram
- 1 tsp Fresh Cream (Optional)
- Salt and Pepper for taste
- 1 small cup of toned milk

Preparation Method



1. Add chopped ginger, garlic, onion, tomato along with the sprouted green gram in sufficient quantity of water in a pressure cooker.
2. Allow it to cook for 10 minutes.
3. Remove the pressure cooker from gas burner and allow the ingredients to cool for 5 minutes.
4. Grind the ingredients in a mixer.
5. Pour the contents from the mixer in a cooking vessel.
6. Add some water to dilute the contents from the mixture.
7. Add salt & pepper depending on taste.
8. Allow the contents to boil for 5 minutes.
9. Add one small cup of toned milk and boil for 2 minutes.
10. Garnish the soup with fresh cream and serve hot.

Green Gram Sprout Sundal

Ingredients



- Green gram sprout - 1 cup
- Salt - as required
- Carrot - 1/2 (cut into small pieces)
- Raw mango - 1 small piece(cut into small pieces)
- Onion - 1 small(cut into small pieces)
- Green Chillies - 2 nos (slit)
- Few Curry leaves
- Few Coriander leaves
- Grated coconut - 2 or 3 teaspoon for garnishing
- Rye - 1/2 teaspoon
- Asafoetida - 1/2 teaspoon
- Lemon juice - 1/2 teaspoon
- cooking oil - 1 teaspoon

Method



1. Boil sprout with enough water and salt.
2. Boil it till it gets cooked (should not be too soft or too hard)
3. Put 1 teaspoon oil in a kadai.
4. Add rye, let it splutter.
5. Add green chilli, hing and curry leaves.
6. Add cut onion and fry for 2 minutes.
7. Add the boiled sprout and fry for 2 minutes
8. Add cut mango and carrot and fry for a minute
9. Remove the kadai from the burner and add lemon juice, stir the contents well.
10. Garnish with grated coconut and coriander leaves.

Sprout Vada - A delecious snack

Ingredients



- Green gram sprout - 1 cup
- Red chilli - 2 or 3
- Hing(asafoetida powder) - 1/2 teaspoon
- Salt - as required
- Curry leaves(kadi pattha) - few
- Coriander leaves - few
- Cooking oil - for frying
- Cut onion - 1 small cup
- Gram flour(basen) - for binding 3 or 4 teaspoon

Method



1. Grind sprout, red chilli, hing and salt coarsely - no need to add water.
2. Add 2 to 3 teaspoon of basen flour to the ground mixture and stir well.
3. Add cut onion, curry leaves and coriander leaves to the mixture.
4. Make out of the mixture vada shaped pieces
5. Fry the vadas in oil till they become brown.
6. Serve hot with any chutney or with sauce.

Sprout and Fruit Chat - An Easiest and Healthy starter

Ingredients



- A selection of fruits like pine apple, apple, orange , pomegranate, grapes.
- Green gram sprout 1 small cup
- Sliced cucumber 1 small cup
- Chat masala 1/2 teaspoon
- Pepper powder 1/2 teaspoon
- Sugar (optional) 1/2 teaspoon
- Kala Namak (black salt) 1/2 teaspoon
- Juice of 1/2 lemon
- Fresh cream (optional) 1 small cup

Method



- Wash and cut fruits into small pieces. Pomegranate pearls are to be separated from the membrane. Orange and pine apple are to be peeled and sliced.
- Take a serving bowl and place all the cut pieces of fruits, cucumber and sprout in it
- Mix the contents
- Add chat masala, kala namak(black salt),sugar(optional) and pepper powder
- Mix the contents well
- Add lemon juice
- Again mix the contents well
- For enhancing the taste, add fresh cream

The salad can also be served along with lunch and/or dinner. Roughly you can take 1/2 fruit of orange, apple and pomegranate and 4 bite bits of pine apple per person

Sprouted Green Gram With Cabbage And Green Peas - Quick Main Course Meal

24 Feb, 2008 [1 Comment](#)

You can mix sprouted green gram with a combination of vegetables. This way sprouts become palatable. I tried Sprouts with Cabbage and Green Peas and let me tell you it tastes yummy.

Here is the recipe for you to try:

Ingredients



- 1 cup of Sprouts
- 1 cup of Cabbage and Green Peas
- 1 or 2 Onions
- 1 Tomato
- 3 Garlic Flakes
- 1 tsp Jeera (Cumin Seeds)
- 1 tsp Shahjeera (Caraway Seeds)
- 3 or 4 Red Chillies
- Coriander Leaves
- Salt to taste
- 1 tsp oil

Preparing the Masala Paste



Grind raw Tomato, Onion, Garlic Flakes, Jeera, Red Chillies and coriander leaves into a fine paste in a mixer.

Preparation Method



1. Add the sprouts in a cooking vessel, add some salt, enough water and allow it to cook for 5 minutes.
2. When the sprouts get partially cooked, add cabbage and peas to it.
3. Allow the sprouts, cabbage and peas to cook till they become soft. Keep this aside.
4. Pour 1 tsp oil in a cooking vessel, put shahjeera and allow it to splutter in it.
5. Add cut onions and fry them till they become soft.
6. Add the masala paste and saute till you get a nice aroma.
7. Then add the cooked sprouts, cabbage and peas.
8. Add some more salt if required
9. Garnish with coriander leaves and serve hot.

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Knowledge of Food

The four Macro nutrients

It is eminently desirable that diabetics eat the proper kind of food that is good for their health and that they devise a dietary regimen that serves that purpose. In order to do that it will be helpful to first know what are the food requirements of our body and what are the broad categories into which our available food resources can be divided into. The body needs food to maintain itself, energy to function and grow and build up its tissues. It needs four major types of macro nutrients for these purposes. Those four are given below.

Carbohydrates: These come primarily from grains, vegetables and fruits and man-made processed foods such as bread and cereals.

Protein: These come primarily from animals and plants and are derived from egg, fish, meat and seeds and nuts etc.

Fats: These come primarily from plant oils and from animal sources such as olive oil, flaxseed oil, fish oil, porcine fat and butter etc.

Liquids: Our liquid sources come from earth and plants such as water and as juices from vegetables and fruits and man-made beverages such as tea and coffee.

Let us now get a broad overview of the nature of these four major nutrients with examples about each category.

Carbohydrates

The primary purpose of carbohydrates is to serve as a source of energy for the functioning of the body. They are of two kinds namely simple sugars and complex sugars. Simple sugars are composed of one or two molecules of sugar while complex sugars are formed by many sugar molecules. Simple sugars such as glucose, fructose, galactose and lactose are quickly digested and as a result bring about a sharp rise in blood sugar before the pancreas has even the time to release an appropriate dose of insulin. On the other hand complex sugars such as glycogen and starch get metabolized much more slowly and as a result provide a more steady release of sugar into the blood stream which is safer for the body.

Each gram of carbohydrate gives four calories. For example an apple has 25 grams of carbohydrates which amounts to $25 \times 4 = 100$ calories.

Proteins

Proteins are needed to build new tissues and they are also used to repair damaged skin, bones and muscles. The body uses them to prepare the antibodies necessary for fighting off diseases. It is from proteins that the body makes enzymes that help in the breakdown of food once it enters the digestive system.

Proteins are formed by amino acids. There are 8 essential amino acids and 17 non-essential ones. The essential amino acids such as leucine, lysine, isoleucine, methionine, phenylalanine, threonine, tryptophan and valine must be obtained from the food the body takes from outside. The other non-essential amino acids can be synthesized by the body itself. Meat, poultry, fish, milk, eggs and cheese are considered complete sources of protein since they provide all these eight types of protein.

Proteins can be derived from four major sources. They are as follows.

Plant sources: nuts, seeds, beans, lentil, soy products and soy milk etc.

Sea animals: fish such as wild salmon, tuna, sardines, mackerel, trout and seafood such as shrimp, lobster and crab.

Land animals(a): meat from animals such as beef, chicken, turkey, pork, lamb and wild game such as deer.

Land animals(b): dairy items such as cow's milk, goat's milk, cheese, and eggs from free-ranging chickens.

All these food items except soy products are considered complete proteins since they provide all the eight essential amino acids. A gram of protein gives 4 calories just like a gram of carbohydrate. An egg for example has 13 grams of proteins and so it amounts to $13 \times 4 = 52$ calories.

Fats

The primary purpose of fats is to serve as a store of energy, cushion your organs and protect the body from temperature extremes. Additionally it helps to form cell membrane and serves to keep our skin and hair healthy.

There are four major types of fats. They are as follows.

Mono-unsaturated fats

These are found primarily in plants and they include such products as olive oil, hazelnuts, almonds, avocado and walnuts.

Polyunsaturated fats

Polyunsaturated fats come mainly from plants also and contain the essential fatty acids such as Omega-3 and Omega-6. Polyunsaturated fats that are rich in Omega-3 EFA include flax oil, hemp oil, pumpkin seeds, walnuts and oily fish such as wild salmon, sardines, mackerel, trout and herring. Polyunsaturates that are rich in Omega-6 EFA include primrose oil and black currant seed oil.

Saturated fats

These fats are also essential for the body as they form a major component of healthy cells and serve as the primary fuel for the heart and the muscle. They also serve as anti-cancer agents. These fats are mainly found in meat and milk and cheese. Some tropical oils such as coconut oil and palm oil also contain saturated fats. Saturated fats obtained from Farm raised cattle that are fed corn and given antibiotics and growth hormones lose these anti-cancer properties. However free-ranging cattle that are fed grass and do not get growth hormones and antibiotics generate fat that is much healthier.

Trans fats

Trans fats are man-made synthetic fat that has been partially hydrogenated and were originally created to prolong the shelf life of packaged foods. They include margarine, French fries, potato chips and pies and cakes etc.

Calorie value of fats

Fats are a more concentrated source of energy than carbohydrates and proteins as it can give 9 calories per gram while carbohydrates and proteins can give only 4 calories per gram. A table spoon of olive oil has 14 grams and therefore $14 \times 9 = 126$ calories.

Liquids

Water is the most important nutrient that the body needs as it helps to hydrate the body and digest our food. Our human body contains 72% water and blood is 90% water. Canned juices and tea and coffee and lemonade etc are actually carbohydrates served in a watery medium.

Types of liquids

Tap water may contain heavy metals and chemicals and wastes that may harm the body in the long term. Bottled water that is filtered is preferable. But one has to be sure that it has been properly filtered.

Raw Juice: This can be extracted from raw vegetable and thereby we can obtain vital nutrients for the body.

Tea: Green tea and herbal tea contain antioxidants and other valuable phytonutrients.

Processed Juices: Bottled and canned juices contain a high level of fructose and are devoid of nutrients.

Calorie size of liquids

Water has nil calories. But the fruit juices contain 4 calories per gram. For example a cup of apple juice has 29 grams of carbohydrates which amounts to $29 \times 4 = 116$ calories. We have to take the caloric value of juices into account when we estimate our caloric intake from all the foods we eat.

Favourable & Unfavourable foods For diabetics

Now that we know that carbohydrates, proteins, fats and water are the four macronutrients, we can now move on to find out on what basis we should select our food items among these four macronutrients. There are seven critical nutrients that the body needs and so we can say that those food items that supply all of these or most of these nutrients are the ones that we should eat. These seven are vitamins, minerals, antioxidants, fiber, enzymes, oils and water.

- **Vitamins:** provide specific nutrients to nourish our cells and tissues and to help metabolize foods. Examples include vitamin A, B complex vitamins and vitamin D etc.
- **Minerals:** These support various biological functions such as growth of bone and teeth, muscle contraction and nerve transmission etc. Examples include calcium, potassium, magnesium, chromium and vanadium etc.
- **Antioxidants:** These provide protection from free radicals and oxidation. Examples include Vitamin C, Vitamin E, Selenium, beta-carotene and CoQ10.
- **Enzymes:** These help to digest and assimilate the food that we eat. Metabolic enzymes are made by our body to help conduct necessary body functions. Digestive enzymes help to digest the carbohydrates, proteins, fats and fibers that we consume and they are respectively called amylase, protease, lipase and cellulase.
- **Fibers:** These help to cleanse and detoxify the body by removing waste and toxins from the body. Examples include psyllium, bran and pectin etc.
- **Oils:** These help to lubricate the tissues, joints and skin and other organs. Examples include olive oil and fish oil.

Healthy and Unhealthy Macronutrients

We can understand from what has been stated above that a healthy food will have all or most of these vital nutrients and that an unhealthy food will not have these nutrients.

Healthy and Unhealthy Carbohydrates

Colorful vegetables and fruits such as spinach and blueberries qualify as healthy carbohydrates because these contain most or all of the seven nutrients listed above. Some whole grains such as barley, oats and amaranth contain five of these nutrients such as vitamins, minerals, fiber, oils and enzymes. Therefore these carbohydrates certainly qualify as healthy ones and they fulfill the purpose of nourishing the body.

Processed and junk foods qualify as unhealthy carbohydrates since they lack most of these vital nutrients such as vitamins, minerals and enzymes and antioxidants. Moreover they cause rapid surges in glucose level which is not good for the body. Under this category of processed and junk foods we can include bottled juice, potato chips, cookies, crackers, white rice, white bread and ketchups and snacks etc. All of these neither nourish, nor protect nor cleanse the body which are the three major objectives of nutritious food.

Healthy/unhealthy proteins

Nuts, seeds, beans, fish, organic eggs, whey protein and soy products qualify as healthy proteins because they contain most of the required nutrients and do not have an excess of

saturated fat. Lean meat from grass fed free-ranging cattle is a healthy meat since it does not have the growth hormones, antibiotics and excess of saturated fat that conventional corn-fed cattle usually have. Meat from corn-fed animals is unhealthy because they lack most of the nutrients and they can contribute to cancer, clogging of the arteries and increased fat production etc.

Healthy/unhealthy fats

Monounsaturated fat found in extra virgin olive oil and walnuts qualify as healthy fat since it helps to lubricate the arterial walls and various joints in the body and thereby reduce inflammation. Some polyunsaturated fats found in fish oil, flax oil and walnuts qualify as healthy fats as they contain Omega-3 essential fatty acids (EFA) which help in the regulation of blood sugar, thinning of the blood and control of blood pressure.

Trans fats and some saturated fats contained in animals and some of the polyunsaturated fats that contain Omega-6 EFAs are considered unhealthy fats. Trans fats are contained in margarine, potato chips, French fries and fried foods. Meat from corn-fed animals is unhealthy fat. Some processed tropical plant oils such as coconut and palm oils are considered unhealthy saturated fats. Plant oils such as soy oil, sunflower oil and cottonseed oil fall under the category of unhealthy polyunsaturated oils. All of these unhealthy fats can aggravate the build-up of cholesterol in the body leading to clogged arteries and release of stress hormones etc.

Using these definitions of healthy and unhealthy foods we can broadly classify all foods under the category of either dead or live food.

Dead foods: Dead foods are those foods that make the body become diseased and thereby contribute to premature death and shortening of life-span. These are man-made processed foods that lack most of the nutrients and contribute to major diseases such as cancer, diabetes and heart disease.

Live foods: These are foods that keep the body fit and endow it with the ability to fight disease and thus stay alive. They are mostly raw, unprocessed and lightly cooked food and as such contain most of the nutrients that the body needs. They can help the body to reverse such diseases as diabetes and heart disease.

The Five Dead Foods

There are five major foods that can be described as dead foods. When they are consumed in large quantities they can turn the body acidic, cause inflammation and slowly weaken the body and make it be prone to diseases such as cancer, heart disease and diabetes etc. The five dead foods include foods that have refined sugar, refined flour, trans fats, saturated fats and harmful chemicals.

1. Refined white sugar: Under this heading are included all foods made with high fructose corn syrup, sucrose, maltose, and dextrose etc. Also beverages such as soda, bottled juice, soft drinks, jams, jellies and cakes and ketchups etc.

Health impact: All these sugar-rich foods cause quick surges in our blood glucose level and a consequent increase in the release of insulin. When the body is resistant to insulin the excess carbohydrates in the form of sugar that these foods provide all get converted into unwanted excess fat which is not good for the body. Moreover these high glycemic foods also cause a depletion of valuable minerals and vitamins. Though artificial sweeteners and sugar-free foods are devoid of sugar their chemical make-up is such that they induce overeating habits and thereby affect the health of the body.

2. Refined white flour: Under this heading come foods made with white flour such as white bread, white rice, macaroni, cereals, crackers, donuts, pancakes, pastries, cakes, pies and other processed foods plus starchy vegetables such as potato and corn.

Health impact: All these starchy foods also cause a rapid rise in glucose and insulin surges and as mentioned above lead to excess fat production in the presence of the body's resistance to insulin in type-2 diabetic patients. The white color of white bread is caused by a bleaching agent called alloxan which is believed to damage the pancreatic beta cells responsible for insulin production. We can minimize the negative effects of eating white flour by eating the whole grain version of wheat and rice that will also be fiber- rich.

3. Trans fats: Under this heading come all foods made with hydrogenated oil such as margarine, French fries, potato chips, donuts, crackers and store-bought baked goods. The process of hydrogenation destroys the essential fatty acids in the oil and replaces them with deformed trans fats.

Health impact: Trans fats are deformed versions of the original fats and as such do not serve the requirements of the body well. They cause fatty deposits in the arteries and clog the insulin receptors in the body's cells.

4. Saturated fats: These are found in animal meat, organ meat and fried foods and some dairy products such as pasteurized milk and cheese, butter and ice-cream. Processed tropical plant oils such as coconut and palm oil also contain saturated fats.

Health impact: Excess consumption of saturated fats can be detrimental to our health. They can cause unwanted fat production, clogging of the arteries and reduced insulin utilization. Meat from corn-fed animals that are also given a lot of antibiotics and growth hormones contain a lot of these saturated fats and eating this type of meat will breed antibiotic-resistant bacteria in our body also. The best way to avoid these problems is to eat lean meat obtained from grass-fed free-ranging cattle.

Though coconut oil is a saturated oil, in its virgin form it is very good for the body since it contains the medium chain fatty acids that are very stable when used for cooking. These

medium chain fatty acids also do not circulate in the blood like other types of fats but are directly sent to the liver where they are immediately converted into energy.

5. Drugs: Under this category come alcohol, tobacco, caffeine, over the counter drugs and recreational drugs.

Health impact: Alcohol and tobacco are known to have detrimental effects on the liver and heart and lungs. Caffeine is a stimulant that may cause insulin surges. All dead foods that contain high fructose corn syrup, refined sugar, hydrogenated oil, or the preservative sodium nitrate all make it very difficult for the body to break down the food items and thus waste a lot of energy. Many of the over the counter drugs can cause serious side effects to the liver, kidney and heart which manifest only at a later time as these drugs can suppress symptoms and fool the body in the short term.

The Five Live Foods

There are five super live foods that help to maintain a perfect chemical balance in the body and further nourish and safeguard the body and protect it from illness and bring it back to health in case the body suffers disorders. These include vegetables & fruits, filtered water, lean protein, monounsaturated omega-3 fats and organic whole grains.

1. Vegetables and Fruits: These include a good number of bright colored vegetables that are full of nutrients. Such vegetables include spinach, broccoli, Brussels sprouts, cabbage, cauliflower, cucumber, okra, peppers, stringbeans, and turnip etc. Other equally valuable vegetables include artichokes, avocado, bean sprouts, beets, carrots, chickpeas, tomato, and zucchini. Healthy fruits for diabetics include apples, grapes, apricots, grapefruits, lemon, mangosteen, oranges and papaya, peach, plum and pomegranates.

Health Impact: Vegetables such as asparagus, cabbage, broccoli and string beans contain fiber which help to slow down their absorption and thereby slows down the emptying of the stomach. This helps to make the absorption of sugars a more gradual process. Fruits such as apples, cherries, grapefruits and pear also do the same but only that they contain more sugar than the vegetables. The fiber also helps to remove cholesterol from the blood and to improve bowel regularity.

In addition to the high level of fiber, these vegetables and fruits contain water, antioxidants, protein, enzymes, vitamins and minerals to help nourish, protect and cleanse the body. The chlorophyll in vegetable such as spinach and broccoli detoxifies carcinogens found in cooked muscle meat and barbecued foods. Other nutrients such as potassium, magnesium, folic acid and enzymes found in these vegetables prevent plaque build-up in the arteries and also relax the arterial walls and thereby prevent high blood pressure.

Vegetables such as garlic, onion, leek, and asparagus are known to promote more good cholesterol than bad cholesterol, less inflammation and lower blood pressure. Other vegetables such as spinach, rhubarb and fruits such as apricots and apples contain organic acids that act primarily as antioxidants, cancer preventives and liver protectors.

Fruits such as lemons, limes and grapefruits are very beneficial to diabetics because they alkalize the body and reduce the acidity from the excess sugar and they contain a lot less sugar than the other fruits. Lemon is also very effective for strengthening gums and teeth. Though lemon juice is sour in taste, its reaction in the body is alkaline and as such it is valuable in the treatment of gout, rheumatism, sciatica and lumbago which all come from too much acid in the body. Grapefruit can improve blood circulation and lower blood cholesterol levels. Grapefruit seed extract is effective for relieving constipation, flatulence and abdominal discomfort and bladder infections.

As these fiber rich vegetables help to control blood glucose level as a result they also control appetite and cravings. However some tropical fruits such as banana, pineapple and watermelon should be avoided since these contain a lot more sugar than the fruits mentioned above. Diabetics are therefore best advised to initially focus on green leafy vegetables and sour fruits such as lemons, grapefruit and tart cherries till they attain a good control over their glucose level.

2. Filtered water: The water that comes from the municipal tap cannot be said to be pure water. It will be full of chlorine and other possible contaminants such as dissolved minerals, bacteria and even pesticides. Therefore one is advised to filter the tap water by installing filtering devices such as aqua guard at home. The water contained in raw vegetables and fruits is much more pure and will be good for the body if taken as raw juice. Heavily chlorinated water may cause cancer of the bladder and rectum and may cause burning of the eyes also. Filtered water which removes the chlorine will be much safer to drink.

Health impact: Water is the medium for body to transport nutrients to the cells and it also keeps the tissues soft and permeable. It helps in the regulation of body temperature and also in bowel movement. Since it performs so many useful functions it is advisable to give the body the best quality water which is filtered water. However in our enthusiasm we should not get carried away by drinking too much water which will cause frequent urination and consequent loss of valuable minerals.

3. Lean Protein: This includes fish such as wild salmon, sardines, tuna, mackerel, tilapia, nuts, seeds, beans, lentils, whey protein, soy products, chicken breast without the skin, turkey breast without the skin, goat's milk, low fat plain yogurt, organic eggs, egg whites and sea food such as shrimp, crab and lobster.

Health impact: These foods give the body the necessary amino acids without the excess saturated fats and growth hormones and antibiotics that come with conventional meat from corn-fed animals. These foods make our body use glucagon more efficiently and thus reduce release of insulin. As a result there is less generation of fat and cholesterol. Yogurt which is fermented helps to improve our intestinal flora. Organic eggs provide folic acid, choline and Omega-3 EFAs to help the cardiovascular system.

4. Unsaturated fats: These include monounsaturated fat, Omega-3 polyunsaturated fat, and some Omega-6 polyunsaturated fat. Monounsaturated fat is contained in extra virgin

olive oil, macadamia nuts, cashew nuts, peanuts and walnuts and almonds.

Monounsaturated fat which is considered to be the healthiest form of fat is found in a very high concentration of 73% in olive oil and 80% in macadamia oil. Monounsaturated fat which is not saturated with hydrogen has none of the unhealthy effects associated with saturated fats, trans fats and Omega-6 polyunsaturated vegetable oils. Therefore olive oil and unrefined macadamia oil are best suited for cooking since they remain stable at high temperature and do not easily get hydrogenated.

Omega-3 polyunsaturated fat is another healthy fat that is contained in flaxseed oil, hemp oil, pumpkin seeds, walnuts and oily fish such as wild salmon, sardines, tuna and mackerel. Plant sources of Omega-3 EFAs include dark green vegetables such as seaweed, broccoli, spinach and other green vegetables such as cabbage, Brussels sprouts and parsley. Omega-6 polyunsaturated fats are contained in walnuts, sesame seeds and sunflower seeds.

Health impact: Monounsaturated fatty acids and essential fatty acids especially Omega-3 EFAs are critical to cardiovascular and mental health. But as these cannot be made by the body these have to be procured from plant and vegetable oils. These are needed for heart and brain function, immune system support, healing and bone and muscle growth etc. EFAs contain anti-inflammatory properties and do not clog the arteries or make the blood thicker like the oil from the fat from animal or dairy products.

5. Organic whole grains: These include amaranth, barely, oat, rice germ, bran and alfalfa. They provide vitamins such as B-complex vitamins, Vitamin-E, minerals such as chromium, magnesium and zinc and selenium and insoluble fiber such as cellulose and hemicellulose.

Health Impact: Whole grain Oats which are 55% soluble fiber and 45% insoluble fiber provide glucose-lowering, cholesterol lowering and blood-pressure lowering and bowel regularity benefits. As conventional bread is overly processed and thus loses most of its nutrients, sprouted grain bread is more nutritious as it retains most of the proteins, fiber and vitamins and minerals. Whole rye bread is also a better choice than wheat bread as it has more fiber content. All these live super foods are much easier to break down than the dead foods and therefore less demand on the energies of the body.

Incidentally most of the live foods are alkaline-forming foods that help the body to cleanse and initiate weight loss. All of the dead processed foods are acid-forming and cause a buildup of the toxins and acid waste in the body leading to weight gain and the inability to burn fat and lose weight. Excess acid waste that accumulates in the cells causes cell walls to harden and inhibit their ability to absorb nutrients which lead to cell starvation. Excess acid waste can damage liver, gall bladder and kidneys and pave the way for disorders such as diabetes and kidney failure.

Most people eat 80% acid-forming foods and only 20% alkaline-forming foods which leads to gradual deterioration of the body's performance as described above. This needs to be reversed and alkaline foods have to become 80% and acid forming foods only 20%. Acidic

foods can be avoided by reducing consumption of processed foods and alkaline food intake can be increased by taking plenty of green leafy vegetables and tart fruits.

Fiber

Fiber is not a major macronutrient but it is listed as one of the seven critical nutrient factors and it is certainly useful for bringing down glucose levels. There are two types of fibers, soluble and insoluble.

Soluble fiber is good for diabetics as it helps to slow down digestion and absorption of nutrients. This helps to make the release of sugar into the blood a slow and steady process. By soaking up the excess bile acids that are found in the intestinal tract it prevents the build-up of cholesterol which is the result of the conversion of these bile acids. Soluble fiber also give a feeling of fullness and satiety and thereby reduces our appetite. Sources of soluble fiber include oat bran, psyllium husk and pectins of certain fruits and vegetables such as blackberries, apples and artichoke. Insoluble fiber adds bulk to the intestinal contents and thereby helps in eliminating waste and toxins from the bowel. Psyllium husk is particularly suited for bulk forming purposes for patients suffering from constipation. It forms bulk by soaking up moisture and therefore makes the passage of stools an easy process also. Sources of insoluble fiber include whole grains, apple skin, bran cereal Broccoli and oatmeal etc.

Sugar, Salt, Chocolate and Coffee Substitutes

Diabetics need to know how much of sugar and salt to take and what are the safe substitutes for these and chocolate and coffee etc.

Sugar

The consumption of sugar has increased enormously by the middle of the 20th century. Americans who were consuming only 5 pounds per person prior to the 20th century were consuming 130 pounds per person by the middle of the 20th century which marks a 26 times increase in consumption. Naturally occurring sugar is found in milk, fruits and vegetables and grains. But commercial food manufacturers add sugar in many forms to their products. Corn syrup, dextrose, glucose, fructose, honey, lactose, maltose, sucrose are all forms of sugar.

As refined sugar causes a rapid rise in glucose level in the blood, manufacturers have developed artificial sweeteners that do not cause this instant rise. Anyway there are some health concerns associated with these substitutes. Fortunately there are natural sugars that do not cause this instant surge and they are stevia, xylitol and d-mannose. Xylitol is found in berries, plums and pears etc. What is important to note is that it does not cause a sugar rise in the blood and it is metabolized independent of insulin. Though it tastes like sugar it has one third less calories than sugar and has been used in Russia for centuries.

Organic spices like cinnamon, vanilla, nutmeg and mint taste sweet without adding calories or sugar to our food intake.

Salt

Salt or sodium chloride is an essential nutrient that the body has to get from outside. Our modern eating habits promotes eating too much salt and minimize eating other valuable minerals such as potassium. We need to reduce our salt intake and increase our uptake of potassium which is found in vegetables. The body needs to maintain a proper salt-potassium ratio. If that is very high too much salt will stay inside the cells and cannot be pumped out. In that case too much water will be drawn into the cell which will cause a swelling and ultimately lead to the bursting of the cell.

Organic sea salt gives a good balance between sodium chloride and potassium and magnesium and therefore we should use it more and at the same time avoid eating canned juices and soups and lunch meats that have too much salt in them.

Chocolate

Chocolate has caffeine in it and therefore can give a stimulant effect which can become addictive. However the dark-colored chocolate has some antioxidant properties while the white and milk chocolates are pure sugar and fat and devoid of this antioxidant quality.

Coffee

Though coffee is a popular beverage drinking more than 2 to 3 cups of coffee can have a negative effect on your health in the form of teeth stains and higher insulin levels. Healthier alternatives include chicory coffee which is made from powdering its roots. It has less caffeine and is reported to improve the functioning of the liver. Soy coffee is caffeine-free and organically grown coffee combined with Reishi mushroom is a much better choice. Green tea has less caffeine and can be considered as an alternative to regular coffee.

Food Preparation

Even when we eat the desired food items improper cooking may deprive the foods of their nutritional value and thus make the whole exercise valueless. For example apple in its raw form is very nutritious containing vitamins, fiber, minerals, enzymes and pectin etc. When it is made into a juice it loses its fibers and pectins. With other kinds of food cooking may rob it of its essential vitamins, minerals and enzymes. Therefore it is good to follow some cooking guidelines that will prevent such spoiling of food.

Cooking vegetables at high temperature can deplete them of their vitamin C and B-Complex constituents by as much as 30%. If boiled 75% of the nutrients can be lost. Therefore it is better to use steaming and stir-frying to conserve the nutrients. When steaming is used please ensure that the level of water in the pot is such that the vegetables are not touched when the water starts to boil. When stir-frying add the vegetables as the last

item when the meat is almost cooked. If the vegetables look limp and discolored it means they have been overcooked. Only when they look firm and retain their normal color can we say that they have been cooked properly.

Cooking meat at super high temperatures as is the case with grilling and frying can alter its properties and turn it into a carcinogen. Studies have shown that overcooking meat and fish transforms their protein and fat into damaging compounds called advanced glycation end products which are known to inflame the arteries of diabetic patients. We can safely assume that non-diabetics are also vulnerable. In order to minimize such risks it is advisable to use the leanest cuts of meats and cook them for a longer time at lower temperatures. We can spray the frying pan with virgin olive oil to prevent sticking or burning and put some drops on top of the meat and fish also to prevent them from drying out.

Cooking with various oils can be harmful when these oils get overheated. In their raw form as top dressing on salads and vegetables they will be useful. It is always beneficial to use olive oil or unrefined macadamia oil for stir-frying. Deep frying with oil that has been reused over and over can turn the oil itself into a carcinogenic item. So it is advisable to use lower temperatures that will prevent the oil from smoking. Moreover we should not use polyunsaturated oils such as safflower, corn or soybean oil which break down under the heat. We should use saturated oil such as virgin coconut oil which bears heat well.

Microwave oven should be used mainly for heating up frozen food items and not for cooking as the waves destroy essential enzymes.

Juice

If eating 6 to 9 cups of vegetables and fruits in their raw form is not appealing to our taste, we can consider drinking them in juice form. A diabetic should drink more vegetable juices than fruit juices. Green juices has an alkaline reaction in the body and helps to protect the body from acid build up. The chlorophyll in green vegetables helps to remove toxins from the intestinal system. Nutritional powders mixed with vegetable juices are absorbed more quickly than when they are taken in tablet form.

Juices are full of active enzymes which help in the process of digestion. This in turn means that they demand less energy from the body to be digested. They are a concentrated source of nutrients. For example two cups of carrot juice are equivalent to eating one pound of raw carrots.

Raw juices contain various medicinal nutrients that provide antioxidants and antibiotics. For example Brussels sprouts and string beans contain insulin like substances that are beneficial to diabetics. The phytonutrient properties of broccoli, carrot, celery, lettuce and spinach are all beneficial to diabetics. Broccoli is an excellent source of chromium which helps to regulate insulin usage in the body. Fresh juices made out of garlic, onion, radish and tomatoes contain various antibiotic properties. Barley grass, celery, cucumber and cabbage juice are excellent to reduce acidity and blood pressure.

Food quality: Organic and conventional

Organic food is defined as food that has been prepared without using conventional pesticides and chemical fertilizers. There is solid evidence to prove that organic foods are healthier than conventional foods since they contain more vitamins and minerals than the latter and are also free of the pesticides and antibiotics and growth hormones that are found in conventional foods. However if cost considerations are forbidding people can buy fresh fruits and vegetables and wash them thoroughly before consuming them.

Canned fruits are normally high in their sugar content and so it is good to generally avoid them. Canned soups and vegetables and processed meat such as hot dogs should also be avoided as all these have high levels of sodium in them.

Food phobias

Excess fat is bad for health is a truism. But people have gone to the other extreme out of an exaggerated fear and are shunning all fat as bad. This is not good for the body either. Fat in proper amount is good for the body and we can obtain good fat from such sources as fish, nuts, seeds and plant oils such as virgin olive oil and flaxseed oil.

Though cholesterol in excess is not good for the circulatory system, it still is a critically needed nutrient for the body in proper quantity. It is manufactured in the liver and provides structural integrity for the cell membrane. Though excess cholesterol clogs up the arteries, normal cholesterol plays a very useful role by protecting us against free radical damage that leads to heart disease.

In their eagerness to avoid cholesterol many people are making the mistake of avoiding eggs which are a perfect source of protein. The egg is a good source of choline, Omega-3 EFAs and folic acid which are all important for our cardiovascular system. Apart from 200mg of cholesterol an egg has 4.6 grams of fat of which 2.4 is monounsaturated fat and 0.6 is polyunsaturated fat both of which are good fats. The bad saturated fat to be avoided is only 1.6 grams. We can avoid the cholesterol by simply avoiding the egg yolk and eat the white part which actually has more protein than the yolk and contains no cholesterol.

Along with cholesterol saturated fat has also received a bad reputation. This is mainly because people are eating meat from corn-fed cattle that are also given growth hormones and antibiotics which are all affecting the quality of the saturated fat that these animals contain. This is not the case with free-ranging cattle that grow by eating grass. Saturated fat in proper quantities is needed by the body for maintaining the structural integrity of the cell membranes.

As fat phobia made us opt for low-fat and low-cholesterol foods there is presently a carbohydrate phobia which is making people opt for low-carb foods. Shunning carbohydrates is also equally wrong. If we do not eat the required amount of vegetables, grains and fruits we won't be getting the required amount of vitamins and minerals and

antioxidants that these foods normally supply us with. This shortage will in the long run lead to one or another major disorder in the body.

Scams and So-called “Healthy” foods

The market is full of advertisements about health foods which need to be verified. Many of these so-called health foods may really not be good for the body at all and people are led to believe so due to marketing gimmicks used by food manufacturers. The following items come under that list.

- **Artificial sweeteners:** We are attracted to these sweeteners due to their low calorie value but many of them actually stimulate our appetite while some are made by altering table sugar with the addition of chlorine. Xylitol which is a naturally occurring sugar found in berries and birch bark is a better choice as it does not cause a glucose surge.
- **Aspirin:** Aspirin is recommended by doctors for reducing pain and for protection against cardiovascular risks. But it can potentially inflame the stomach lining. Safer alternatives would be fish oil and ginger for heart protection.
- **Bottled Juices:** These contain refined sugar and high fructose corn syrup which can elevate our blood sugar level. These juices are normally made from pasteurized fruits which suffer a loss of all their vitamins and minerals and enzymes during the process of pasteurization.
- **Bottled water:** It may not be all that free from contaminants as companies claim. It is much safer to install a water filter at home and use the water obtained from that.
- **Calcium supplements:** These supplements that contain calcium carbonates cannot be used to reverse osteoporosis. Actually the supplement can make matters worse for the body which is unable to get rid of the inorganic calcium which will accumulate in the body and may turn into kidney stones. There is plenty of organic calcium that is available in our natural diet and one need not hurry to the store to buy these calcium supplements.
- **Cereals:** These are overly processed and heavily fortified with synthetic vitamins. Most cereals are full of sugar and lack organic vitamins and fiber. If a person wants a really nutritious breakfast he must opt for the whole grain version of cereals and not the processed one.
- **Milk:** Though milk is a good source of calcium drinking too much milk can disturb the body's absorption of magnesium which is also a vital nutrient. Pasteurization converts the fragile milk protein casein into a harmful protein and destroys valuable enzymes and vitamins such as B6 and B12. It also eliminates the good bacteria that is normally present in the milk. Good alternative sources of calcium would be sardines and nuts.

- **Diabetic foods:** These foods may be free of sugar but they are likely to be loaded with other harmful chemicals such as high fructose corn syrup, hydrogenated oil and sodium etc. Properly speaking there are no such things as diabetic foods and these are only marketing gimmicks used by food manufacturers to capture the growing number of diabetic patients.
- **Diet foods:** Most of these are also highly processed foods that contain partially hydrogenated oils and high fructose corn syrup which only make a person hungrier and fatter. Again this is only a marketing gimmick to fool gullible people.
- **Low Carb diets:** These will cause additional health problems only as these diets do not distinguish between good and bad carbs.
- **Diet Soda:** This contains chemicals such as aspartame and phosphorous which make diet soda just as bad as the regular soda. In fact they contain chemicals that will trigger food cravings that will cause you to eat more.
- **Energy bars and energy drinks:** These also have a lot of sugar and fructose corn syrup which will give you a sugar rush. Therefore it is advisable to give these up and prepare our own energy drinks.
- **Low carb and low fat and low cholesterol foods:** These are all highly processed foods that are lacking either in nutritional value or contain chemicals that are harmful to our health. Low carb does not mean low calories. Low fat foods are dangerous because they contain plenty of sugar which gets converted into fat in the blood. This only causes more insulin production and generation of additional fats.
- **No Trans Fats:** Such a label does not necessarily mean that the food does not have trans fats or hydrogenated oil. Such a label can be true only when the amount of fat per serving is 0.4 grams or less. One has to check the ingredients to be sure that partially hydrogenated oil is not listed.
- **Pizza:** This is a very popular food all over the world. But it is a triple killer as it is loaded with saturated fat from cheese and the meat and refined flour from the dough. It is much safer to have a vegetable topping than meat topping if you want to eat pizza regularly.
- **Soda:** Though soda is a popular beverage it contains a lot of sugar and phosphorous and the latter blocks the absorption of calcium which in turn makes the body very acidic. A 12 ounce can of soda contains at least 10 teaspoons of sugar and over 120 calories.
- **Sugar free snacks:** These contain partially hydrogenated oil, other additives and hidden sugars that increase hunger, inhibit fat metabolism or increase fat production and fat storage.

- **Vitamin pills:** These are mostly capsules containing additives, fillers, binders and other chemicals. Most of them provide very little nutritional value. Therefore it is advisable to consume whole food supplements or natural vitamins that are 100% additive free.
- **Yogurt:** Pasteurization can kill the good bacteria that is supposed to be there in yogurt and leave it with plenty of sugar and corn syrup. Therefore it is advisable to consume the organic version or low fat version without the extra sugar or fructose.

Nutritional supplements

These have value so long as the person has a proper nutritional and exercise profile and the supplements are derived from natural food sources. They do not work if they are made synthetically or if the person's basic nutrition is not good.

If the person is diabetic it matters very much that he first eats nutritious meals that help him to fight the disease. If he takes supplements on top of that it will be helpful. Generally if a person is eating nutritious meals there will be plenty of vitamins and minerals that will be naturally present there and so supplements will be unnecessary.

Food Cravings

One of the key challenges for a diabetic patient is to control unhealthy food cravings which are caused by over consumption of dead processed foods that are full of chemicals that trigger the cravings. First he must understand how the craving is created.

The craving comes because of a toxic build-up that causes a neurochemical/hormonal imbalance. For example low blood sugar induces a craving which the person seeks to satisfy by eating more sugar. This causes a temporary energy boost which vanishes in a few hours when the sugar levels again crashes. If the person eats more refined carbohydrates he will only repeat the vicious cycle with no end in sight. He can however hope to get out of this vicious cycle by eating foods rich in fiber, antioxidants and Omega-3 Essential fatty acids.

A craving is a signal that the body gives that it is starved of nutrients such as vitamins and minerals. When a person fills himself up with a lot of carbs in response to the craving he is not understanding the signal properly. So after a while the craving returns.

There are two types of cravings which are emotional and physical.

Emotional Craving

When we eat foods containing a lot of sugar and fat they cause the release of a hormone called serotonin that makes us feel good. That is why many people tend to eat cookies or ice cream when they are sad or depressed. The release of serotonin that accompanies the entry of sugar into the blood stream helps to lift them out of the depression. Instead of

reaching out for food to feel good, a better idea would be to divert oneself by doing some exercise or at least talking to a friend. Such diversions will lessen the hold of sadness and help us come back to normal.

People also tend to eat more during festival days or when they are celebrating happy occasions. A counter measure to such overeating would be to eat a lot of live foods a day prior to the day of the festival or celebration. That will reduce one's appetite on the festival day and thereby prevent the overeating. Another method is to eat a lot of fiber-rich foods the following day and also drink a lot of water so as to get the waste out of the body as soon as possible.

Physical Craving

Low Blood Sugar: When a person's blood sugar falls very low he is tempted to eat foods rich in sugar such as bread, pasta, French fries and sweets etc. This only leads to a quick sugar rush followed by an equally quick sugar crash both of which are not good. A good counter measure is to add a lot of fiber and Omega-3 EFAs to one's meals in the form of spinach, broccoli, whole grain cereal and wild salmon and whole fruit etc. Instead of bottled juice one should develop the habit of drinking raw vegetable juice daily.

Low fat intake: This causes a craving for cheese, meat and pizza and other foods with a high fat content. A good countermeasure is to eat the good fat found in fish, plant oils, lean organic meats, nuts and other plant foods.

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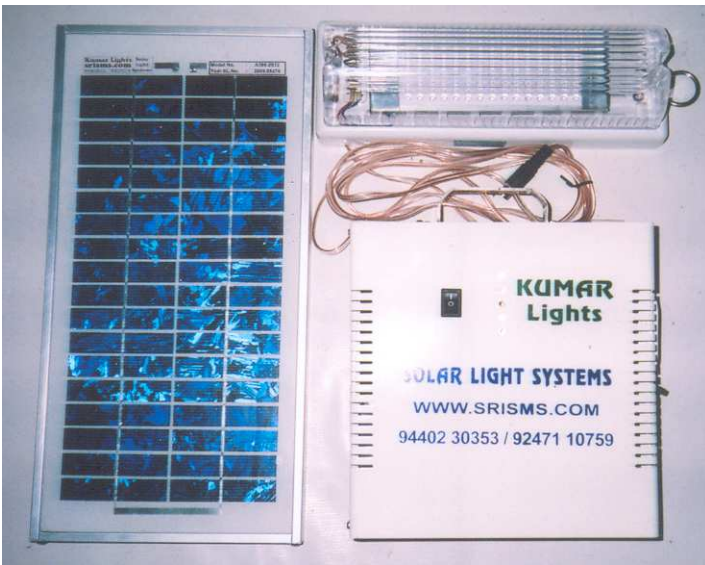


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